



UP ISLAND COUNCIL ON AGING
508-693-2896



~ March 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00 Pilates 11:15 Yoga	3 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking	4 8:15 Balletics 1:00 Mah Jong 2:30 Walking Group	5 8:30 & 9:30 Strength Training 12:30 Lunch	6 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	7
8	9 10:00 Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga	10 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30-2:00 Blood Pressure Clinic 11:30 Rug Hooking	11 8:15 Balletics 1:00 Mah Jong 2:30 Walking Group	12 8:30 & 9:30 Strength Training 12:30 Lunch	13 8:15 Balletics NEW!! Chair Massage 10:00-2:00 Schedule your appointment today! 10:30 Yoga 1:00-3:00 Water Color	14
15	16 10:00 Pilates 11:15 Yoga	17 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking	18 8:15 Balletics 1:00 Mah Jong 2:30 Walking Group Patti Mello Legal Clinic	19 8:30 & 9:30 Strength Training 12:30 Lunch	20 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	21
22	23 10:00 Pilates 11:15 Yoga *Pedi-Care Clinic* 508-693-2896 to sign up 1:30 Martha's Vineyard Museum Presents: "Visual Thinking Strategies" (508)693-2896 To Register	24 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking	25 8:15 Balletics 10:30 Book Group: "Let the Great World Spin" by Colum McCann 1:00 Mah Jong 2:30 Walking Group	26 8:30 & 9:30 Strength Training 12:30 Lunch	27 8:15 Balletics NEW!! Chair Massage 10:00-2:00 Schedule your appointment today! 10:30 Yoga 1:00-3:00 Water Color	28
29	30 10:00 Pilates 11:15 Yoga	31 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking	Notes: It's Daylight Savings Time: Don't Forget To Move Your Clocks Forward One Hour Sunday, March 8 th !			



Other Ongoing Services:

Outreach

Fuel Assistance

SNAP (formerly known as Food Stamps)

Government Surplus Food Distribution

Notary Services

SHINE (insurance specialist)

File of Life

Telephone Reassurance Calls

Durable Medical Equipment

Lifeline and Be Safer At Home



Upcoming Events:

Falmouth Shopping Trip

Wednesday, April 22nd &

Wednesday, May 20th

8:15 boat leaving, 5:00pm Boat returning